

# *BREAKFAST ITEMS*

| Ingredients                        | 50 Servings |         | 100 Servings |          | For 25 Servings | Directions   |
|------------------------------------|-------------|---------|--------------|----------|-----------------|--|
|                                    | Weight      | Measure | Weight       | Measure  |                 |  |
| All purpose flour                  | 4 ½ #       | 18 cup  | 9 #          | 36 cup   | 9 cup           | Combine flour, baking powder and sugar and sift well.  |
| Baking powder                      |             | 3 Tb    |              | 4 Tb     | 2 Tb            | In a separate bowl place half of sliced bananas and mash to a smooth consistency.  |
| Sugar                              |             | ½ cup   |              | 1 cup    | ¼ cup           | Add beaten egg and milk to bananas and stir until well blended.  |
| Bananas, peeled and sliced         |             | 50 each |              | 100 each | 25 each         | Add wet ingredients to bowl of dry ingredients and fold gently just to incorporate. Let batter rest.   |
| Egg, slightly beaten*              |             | 12 each |              | 24 each  | 6 each          | Spray a large skillet or flat top with non-stick spray and turn heat to medium high.   |
| Milk, 1% or reconstituted low fat* |             | 3 quart |              | 6 quart  | 6 cup           | Pour batter onto hot skillet using ½ c batter for each pancake. Once bubbles appear on surface on pancakes they should be flipped.   |
| Non-stick cooking spray            |             |         |              |          |                 | Place pancakes on plate or in hotel pan and top with remaining half of sliced bananas. Serve with warm maple syrup for a special treat. Serve 2 pancakes topped with banana. |

\* denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

Serving Size: 236.8 g (8.3 oz-wt.)

|               |          |
|---------------|----------|
| Calories      | 321.8    |
| Protein       | 9.1 g    |
| Carbohydrates | 67.6 g   |
| Dietary Fiber | 4.0 g    |
| Total Fat     | 2.6 g    |
| Saturated Fat | 1.0 g    |
| Cholesterol   | 47.2 mg  |
| Vitamin A IU  | 282.6 IU |
| Vitamin C     | 11.3 mg  |
| Calcium       | 253.2 mg |
| Iron          | 2.9 mg   |
| Sodium        | 337.5 mg |

5 A Day Serving: 1 serving

Child Nutrition Program Serving: 1 portion (2 pancakes with bananas) provides 1 bread and ½ cup of fruit

Family-Size Recipe Name: “Banana Pancakes” can be found in the appendix.

Recipe source: Produce for Better Health Foundation

[illegible]

| Ingredients                                    | 50 Servings              |         | 100 Servings            |          | For 25 Servings         | Directions  |
|--|--------------------------|---------|-------------------------|----------|-------------------------|---|
|  | Weight                   | Measure | Weight                  | Measure  |                         |   |
| Frozen Waffles, Whole-grain or non-whole grain |                          | 50 each |                         | 100 each | 25 each                 | Toast waffles until golden brown on both sides in 375° F oven for 15 minutes. Wrap waffles with foil. Keep warm until ready for service.  |
| Unsweetened apples, canned, peeled and diced*  | 2 #10 cans<br>or<br>12 # |         | 4 #10 cans<br>or<br>24# |          | 1- #10 can<br>or<br>6 # | Heat apples in large tilt skillet, pot or steam kettle.   |
| Water  |                          | 2 quart |                         | 1 gallon | 1 quart                 | Add water and raisins to the heating apple mixture. Add dry spices to apple mixture and bring to a boil.                                  |
| Raisins, seedless*                             | 2 #                      |         | 4 #                     |          | 1#                      |   |
| Cloves, ground                                 |                          | 3 tsp   |                         | 2 Tb     | 1 ½ tsp                 |   |
| Allspice, ground                               |                          | 3 tsp   |                         | 2 Tb     | 1 ½ tsp                 | Whisk cornstarch into cold water to make a slurry.  |
| For slurry;<br>Cornstarch                      |                          | 1/3 cup |                         | 2/3 cup  | 3 Tb                    | Pour slurry into boiling apple mixture stirring constantly to blend well. When mixture thickens remove from heat.                         |
| Water, cold                                    |                          | 1/3 cup |                         | 2/3 cup  | 3 Tb                    | Serve 6 oz (3/4 cup) warm apple mixture over each toasted waffle.<br>For service unwrap waffles and recrisp in 350° F oven for 5 minutes. |

\* denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

### Nutrients Per Serving

Serving Size: 181.8 g (6.41 oz-wt.)

|               |          |
|---------------|----------|
| Calories      | 197.7    |
| Protein       | 2.9 g    |
| Carbohydrates | 42.0 g   |
| Dietary Fiber | 3.6 g    |
| Total Fat     | 3.2 g    |
| Saturated Fat | 0.5 g    |
| Cholesterol   | 7.7 mg   |
| Vitamin A IU  | 488.1 IU |
| Vitamin C     | 0.8 mg   |
| Calcium       | 92.6 mg  |
| Iron          | 2.0 mg   |
| Sodium        | 268.2 mg |

Approximate preparation time: 20 minutes

5 A Day Serving: 1 serving

Child Nutrition Program Serving: 1 portion (1 CN  
Approved waffle and 1 #6 scoop of fruit in sauce)  
Provides 1 bread and ½ cup of fruit

Family-Size Recipe Name: “Fruit on a Raft”  
can be found in the appendix.

Recipe Source: National Cancer Institute

### NOTES



TITLE: Fruity Breakfast ParfaitRecipe J-6

| Ingredients                     | 50 Servings |         | 100 Servings |         | For 25 Servings | Directions   |
|---------------------------------|-------------|---------|--------------|---------|-----------------|--|
|                                 | Weight      | Measure | Weight       | Measure |                 |  |
| Bananas, peeled and sliced      |             | 13 each |              | 25 each | 6 each          | In glasses or see-through cups put a base layer of 1/8 cup or approximately 3 pieces sliced bananas. |
| Strawberries, hulled and sliced |             | 3 quart |              | 6 quart | 1 ½ quart       | On top of bananas place an even layer of ¼ cup sliced strawberries.                                  |
| Yogurt, vanilla, low fat        |             | 3 quart |              | 6 quart | 1 ½ quart       | Evenly place a layer of ¼ cup yogurt on top of the strawberries.                                     |
| Pineapple, chopped*             |             | 3 quart |              | 6 quart | 1 ½ quart       | On top of the yogurt place an even layer of ¼ cup chopped pineapple.                                 |
| Dates, chopped*                 |             | 4 cup   |              | 8 cup   | 2 cup           | Top the layer of pineapple with 1 Tb chopped dates.  |
| Almonds, sliced, toasted*       |             | 3 cup   |              | 6 cup   | 1 ½ cup         | Finish parfait with a sprinkle of toasted almond slices.   |
|                                 |             |         |              |         |                 | Refrigerate until ready for service.   |

\* denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

Nutrients Per Serving

Serving Size: 181.4 g (6.4 oz-wt.)

|               |          |
|---------------|----------|
| Calories      | 192.6    |
| Protein       | 5.4 g    |
| Carbohydrates | 34.2 g   |
| Dietary Fiber | 4.1 g    |
| Total Fat     | 5.5 g    |
| Saturated Fat | 0.9 g    |
| Cholesterol   | 2.8 mg   |
| Vitamin A IU  | 79.7 IU  |
| Vitamin C     | 28.4 mg  |
| Calcium       | 137.6 mg |
| Iron          | 0.8 mg   |
| Sodium        | 104.7 mg |

Approximate preparation time: 25 minutes

5 A Day Serving: 1 serving

Child Nutrition Program Serving: 1 portion  
provides ¼ cup yogurt as meat/meat alternate  
and ½ cup of fruit

Family-Size Recipe Name: “Fruity Breakfast Parfait”  
can be found in the appendix.

Recipe source: Produce for Better Health Foundation

Adapted recipe courtesy of the Produce for Better Health  
Foundation. For more information, please visit the Produce  
Marketing Association’s Web site: [www.aboutproduce.com](http://www.aboutproduce.com)

NOTES



TITLE: Golden Apple OatmealRecipe J-7

| Ingredients                     | 50 Servings |            | 100 Servings |          | For 25 Servings | Directions  |
|---------------------------------|-------------|------------|--------------|----------|-----------------|---|
|                                 | Weight      | Measure    | Weight       | Measure  |                 |   |
| Apples, fresh or canned, diced* |             | 1 ½ gallon |              | 3 gallon | 3 quart         | Combine apples, apple juice and water in steam kettle or saucepan. Bring to boil.                     |
| 100% apple juice, unsweetened*  |             | 4 quart    |              | 8 quart  | 2 quart         | Add salt, cinnamon and nutmeg.  |
| Water                           |             | 1 gallon   |              | 2 gallon | 2 quart         | Stir in rolled oats and cook 5 minutes stirring occasionally until oats are soft and creamy.          |
| Salt                            |             | 2 Tb       |              | 4 Tb     | 1 Tb            | Turn heat to low, cover oats and hold until service, or place into sprayed hotel pan for steam table. |
| Cinnamon, ground                |             | ½ cup      |              | 1 cup    | ¼ cup           | Serve 1 cup of cereal per person.   |
| Nutmeg, ground                  |             | 4 Tb       |              | 1/3 cup  | 2 Tb            |   |
| Rolled oats, uncooked*          |             | 4 quart    |              | 8 quart  | 2 quart         |   |

\* denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*



Nutrients Per Serving

Serving Size: 236.2 g (8.3 oz-wt.)

|               |          |
|---------------|----------|
| Calories      | 173.7    |
| Protein       | 4.3 g    |
| Carbohydrates | 35.8 g   |
| Dietary Fiber | 4.9 g    |
| Total Fat     | 2.1 g    |
| Saturated Fat | 0.4 g    |
| Cholesterol   | 0.0 mg   |
| Vitamin A IU  | 58.3 IU  |
| Vitamin C     | 4.0 mg   |
| Calcium       | 38.0 mg  |
| Iron          | 1.9 mg   |
| Sodium        | 283.6 mg |

Approximate preparation time: 20 minutes

5 A Day Serving: 1 serving

Child Nutrition Program Serving: 1 portion  
provides 1 bread (1/2 cup cooked oats)  
and 1/2 cup of fruit

Family-Size Recipe Name: “Golden Apple Oatmeal”  
can be found in the appendix.

Recipe source: Produce for Better Health Foundation

Adapted recipe courtesy of the Produce for Better Health  
Foundation. For more information, please visit the Produce  
Marketing Association’s Web site: [www.aboutproduce.com](http://www.aboutproduce.com)

NOTES



| Ingredients  | 50 Servings |          | 100 Servings |           | For 25 Servings       | Directions  |
|--|-------------|----------|--------------|-----------|-----------------------|---|
|  | Weight      | Measure  | Weight       | Measure   |                       |   |
| Onion, small diced   |             | 2 cups   |              | 1 quart   | 1 cup                 | In a large non-stick skillet, or skillet sprayed with non-stick spray, heat onions and zucchini over medium high heat 10 minutes.   |
| Zucchini, unpeeled, grated   | 8 #         | 6 quart  | 16 #         | 12 quart  | 4 #<br>or<br>12 cup   | Add minced garlic and diced green chiles. Simmer until excess liquid is removed from vegetables.  |
| Garlic, minced   |             | ¼ cup    |              | 1/2 cup   | 2 Tb                  | In a separate container whisk egg whites with milk and dried spices to blend well. Mixture should be slightly frothy  |
| Chiles, canned diced green (optional)                                    | 16 oz       |          | 32 oz        |           | 8 oz                  | Pour egg mixture into skillet and stir constantly with spatula while egg mixture begins to coagulate. Mixture can now be poured into greased hotel pan for ease of service. |
| Egg whites, frozen, thawed<br>(see note on back for frozen whole egg*)   | 6 #         | 12.5 cup | 12 #         | 25 cup    | 3 #<br>or<br>6 ¼ cups | Once eggs are almost completely set up place skillet under broiler or into 400° F oven for 5-10 minutes until slightly golden brown.  |
| Milk, skim (can use reconstituted)*                                      |             | 3 cup    |              | 1 ½ quart | 1 ½ cup               | Sprinkle frittata with shredded cheese and Hold in 200° F oven until service.   |
| Cumin, ground  |             | 2 Tb     |              | 3 Tb      | 1 Tb                  | If desired, serve with salsa.   |
| Black pepper, ground   |             | 3 tsp    |              | 2 Tb      | 1 ½ tsp               |   |
| Chili powder, ground   |             | 2 Tb     |              | 4 Tb      | 1 Tb                  |   |
| Cheddar Cheese, shredded*<br>Salsa suggested accompaniment<br>(optional) |             | 2 ½ cup  |              | 5 cup     | 1 ¼ cup               |   |

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|               |                       |                         |
|---------------|-----------------------|-------------------------|
|               | <i>Egg Whites</i>     | <i>Frozen Whole Egg</i> |
| Serving Size: | 179.4 g (6.3 oz.-wt.) | 179.4 g (6.3 oz.-wt.)   |

Approximate preparation time: 35 minutes

5 A Day Serving: 1 Serving using egg whites only\*\*\*

Child Nutrition Program Serving: 1 portion (made with egg whites as written) provides ½ cup of vegetable. 1 portion (made with an equivalent amount of whole eggs, which increases the fat) provides ½ cup vegetable and 1 serving meat/meat alternate

Family-Size Recipe Name: “Spanish Zucchini Frittata” can be found in the appendix.

Recipe source: Produce for Better Health Foundation

Adapted recipe courtesy of the Produce for Better Health Foundation. For more information, please visit the Produce Marketing Association's Web site: [www.aboutproduce.com](http://www.aboutproduce.com)

NOTE: \*\*\*Recipe prepared as shown with egg whites is an approved 5 A Day recipe. Recipe prepared with whole eggs is not an approved 5 A Day recipe, but can be used in the USDA Child Nutrition Programs and can contribute to the meat/meat alternate meal component.

[illegible]

TITLE: Strawberry Yogurt Breakfast SplitRecipe J-9

| Ingredients                    | 50 Servings |          | 100 Servings |           | For 25 Servings       | Directions   |
|--------------------------------|-------------|----------|--------------|-----------|-----------------------|--|
|                                | Weight      | Measure  | Weight       | Measure   |                       |  |
| Banana                         |             | 50 each  |              | 100 each  | 25 each               | Peel banana and slice lengthwise.<br>Place onto individual plates. |
| Strawberries, fresh or frozen* | 12 #        | 24 quart | 24 #         | 48 quart  | 6 #<br>or<br>6 quart  | Top banana with #4 scoop (1 cup) sliced strawberries               |
| Vanilla yogurt                 | 6 #         | 6 quart  | 12 #         | 12 quart  | 6 #<br>or<br>3 quart  | Top berries with 4 oz (1/2 cup) yogurt.                            |
| Almonds, toasted, chopped*     | 14 oz       | 3 cup    | 1 ¾ #        | 1 ½ quart | 7 oz<br>or<br>1 ½ cup | Top yogurt with 1 Tb chopped almonds                               |

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